



Office of Aerospace Medicine Internal Substance Abuse Newsletter



Inside This Issue:

Red Ribbon Week

Drinking Alcohol Affect Waistline Unevenly

True/False Questions

Cocaine-Its Effects & Hazards

Red Ribbon Information In The Region

How Can You Help Prevent Family Members From Drug Use?

HHS Quality Assurance And Quality Control Standards For Drug Testing Laboratories

Internet Site:

<http://faa.gov/avr/aam/isap>



Reminder: **Red Ribbon Week** is October 23-31, Check with your Regional DPC for event going on in your region.

What is **Red Ribbon Week**:

The National Red Ribbon campaign began in 1986 after Enrique "Kiki" Camarena, a Federal agent for the Drug Enforcement Administration, was killed while working to keep drugs out of our communities. In honor of the slain agent, friends and family wore red badges of satin to remember him and promised to keep up the fight against drugs. Today, more than 80 million people across the country recognize National Red Ribbon Week to show their commitment to a healthy, drug-free lifestyle.

Drinking Alcohol Affects Waistline Unevenly

New research finds that how much alcohol you drink, as well how often you drink and what you drink will show on your waistline, the Netscape Network reported September 24.

Epidemiologists at the University at Buffalo studied the impact of drinking and chronic disease risk by studying abdominal fat accumulation. The study involved 2,343 randomly selected healthy men and women between the age of 39 and 75. The researchers found that wine drinkers had the least amount of abdominal fat, while liquor drinkers had the highest. In addition, those who binge drink had more abdominal fat compared to participants who drank small amounts of alcohol on a regular basis. "These findings support what has been shown in other studies about the beneficial effect of moderate drinking on the heart disease," said lead study author Joan Dorn. "It also is more evidence that the way people drink is important, and not just the amount of alcohol consumed".

The study's findings are published in the August 2003 issue of the Journal of Nutrition.

Reference:

Dorn, J., et al. (2003) Alcohol Drinking Patterns Differentially Affect Central Adiposity as Measured by Abdominal Height in Women and Men. Journal of Nutrition, 133(8): 2655-2662.



True/False Questions on Crack and Cocaine

1. T F Street cocaine is not mixed with fillers and is almost always 100% pure.
2. T F Crack is rock-like white or tan form of cocaine that is highly addictive.
3. T F Cocaine is not addictive.
4. T F Snorted cocaine takes about 2 hours to reach full effect.
5. T F Crack reaches full effects almost instantly after being smoked.
6. T F Dopamine brain cells seem to be mainly responsible for cocaine addiction.
7. T F Cocaine has never been known to cause stroke or cardiac arrest.
8. T F You will crave cocaine for a long time after you stop using it.
9. T F Sharing cocaine needles might give hepatitis, meningitis, or HIV/AIDS.
10. T F The drug does not affect babies born to crack-addicted mothers.



Answers are provided on the following page.

Cocaine – Its Effects & Hazards

Cocaine is white powder that comes from the leaves of the South American coca plant. Cocaine is either snorted through the nasal passages or injected intravenously. Users call it by a variety of names, including coke, c, snow, blow, toot, nose, candy, flake, and the lady. Cocaine belongs to a class of drugs known as stimulants, which tend to give a temporary illusion of limitless power and energy that leaves the user feeling depressed, edgy, and craving more. Crack is a form of cocaine that has been chemically altered so that it can be smoked. Cocaine and crack are highly addictive. This addiction can cause physical and mental health problems that can become so strong that these drugs dominate all aspects of an addict's life.

Cocaine affects three types of chemicals in nerve cells: dopamine, norepinephrine, and serotonin. Each of these chemicals relays messages from one nerve cell to the next. Dopamine nerve cells seem to control the cocaine high and are believed to be responsible for rapid heartbeat, high blood pressure, pupil dilation, heavy sweating, and shaking. Serotonin nerve cells are involved in bringing about sleep. Cocaine causes dopamine and norepinephrine to be released into the gaps between nerve cells and keeps the chemicals active for longer time than normal.

What Red Ribbon Events Are Going On Around The FAA Regions.

Washington Headquarters will distribute pamphlets, and brochures with drug prevention and awareness information throughout the building.

Central Region will post a display with informational materials and handouts in the regional building. Red ribbons and flyers will be distributed throughout the region.

Northwest Mountain will be hosting a video entitled "The Hijacked Brain" in the regional building on Tuesday, October 28, 2003, at 12:00pm–2:00pm.

Southern Region will distribute red ribbons and pamphlets with informational materials in the Regional and Campus Buildings.

Southwest Region will be hosting an informational display with pamphlets, handouts, and brochures. Awareness and prevention material will be distributed in other facilities throughout the region.

Please check with your Regional Drug Program Coordinator to get times and dates of the events listed.

How You Can Help Prevent Family Members from Drug Use

1. Keep your eyes open: watch for signs of drug use in your family.
2. Develop healthy family communication so your teens know that they can talk to you about anything.
3. Serve as a good role model. If you have a substance abuse problem, get help for yourself.
4. Help family members make wise decisions based upon their own beliefs. Encourage them to say "No" and avoid unhealthy situations.
5. Help family members feel good about themselves; build up their self-esteem with support, praise, and love, so they respect themselves and want to reach their dreams.



What Standards Are There For Drug Testing Laboratories?

To ensure the validity of test results, the U.S. Department of Health and Human Services (DHHS) has developed guidelines that laboratories must follow in order to be certified. These guidelines, included in the Mandatory Guidelines for Federal Workplace Drug Testing Programs, establish the integrity of the testing process and ensures that the process is accurate, confidential, fair, and legal. These Mandatory Guidelines were developed in accordance with Executive Order 12564 (Drug-Free Federal Workplace, 1986) and Section 503 of Pub. L. 100-71. Subpart C of the Guidelines, "Certification of Laboratories Engaged in Urine Drug Testing for Federal Agencies," sets strict standards that laboratories must meet in order to conduct urine drug testing for Federal agencies. To become certified an applicant laboratory must undergo three rounds of performance testing plus an on-site inspection. To maintain certification, a laboratory must participate in a quarterly performance testing, which consist of 400 blind samples (content known only to the Department) being transmitted through their system.

DHHS notifies Federal agencies of laboratories currently certified to meet the standards of Subpart C of the Mandatory Guidelines. A listing of all currently certified laboratories is published during the first week of each month and updated as necessary to include laboratories that subsequently complete the certification process.

DHHS certified laboratories listing are posted on www.workplace.samhsa.gov



True and False Answers: 1) F 2) T 3) F 4) F 5) T 6) T 7) F 8) T 9) T 10) F